# ASCEND

TEAM TRAINING

# NOVEMBER

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | | | 6:00AM HYROX | | | |
| 8:15AM HYROX | 9:15AM HYROX | | 9:15AM *STRENGTH* | 8:15AM HYROX | 9:15AM *STRENGTH* | 8:15AM *BOXING* |
| | 6:30PM HYROX | 6:15PM *BOXING* | 6:30PM *STRENGTH* | 5:15PM *BOXING* | | |

## Upcoming Events

# HYROX RACE SIMULATION

## SATURDAY, NOVEMBER 14 | 7:45 AM

INDOOR GYMNASIUM

$28 for Members | $40 for NonMembers

A one-hour, race-inspired training session combining functional strength and endurance in a high-energy, team-based environment.



*UPDATED 10/27/26

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Experience the perfect blend of personalized coaching and community support in our Small Group Training sessions. Designed for all fitness levels, these workouts are accessible, motivating, and results-driven—making it easy to start (or level up) your fitness journey, no matter where you're starting from. Open to Members and Non-Members.

## ASCEND CLASSES

### HYROX
Experience race-inspired functional training with movements like carries, sled pushes, rowing, and lunges. This coach-led class builds stamina, strength, and performance in a team-focused environment.

### BOXING
Power up your workout with a small group training class that packs a punch. This high-energy session blends boxing fundamentals with strength and conditioning drills to improve agility, coordination, and endurance.

### BOOTCAMP
Push past your limits with a dynamic small group training class that blends strength, cardio, and functional drills for a full-body challenge. Bootcamp is designed to build power, endurance, and agility through high-energy circuits and motivating team-based workouts.

### STRENGTH
Develop total-body power and muscle endurance in this focused small group training class. Guided by expert coaching, this class is designed to help you lift with confidence, increase resilience, and achieve lasting results.

Classes with zero enrollment 12 hours prior will be cancelled. All classes are held in the Training Zone unless noted.

## HYROX Training Club Race Simulations

ASCEND HYROX Simulations are designed to prepare athletes for the intensity and structure of HYROX competition through race-inspired training that blends endurance, functional strength, and conditioning. Athletes move through running intervals, rowing, lunges, farmers carries, wall balls, and more in a high-energy, team-based environment focused on performance, pacing, and confidence.

## PRICES & PACKAGES

Single Session - $28 / $40
(Member / Non-Member)

1-Month Unlimited - $129
(Unlimited Recurring)

6 -Month Unlimited - $660
Paid in full (Save $114*)

5-pack - $125
(1-Month Expiration)

10-pack- $170
(3-Month Expiration)

20-pack - $280
(6-Month Expiration)

*Members with the unlimited recurring option are committing to a month-to-month EFT withdraw, until cancelling no less than 7-days prior to next billing date.
*No-show will result in loss of session or loss of pre-registration privilege.
*Savings based on $129/mo monthly rate paid over 6 months ($774 total)

## RISE ABOVE YOUR FITNESS GOALS